

WORKOUT CHART



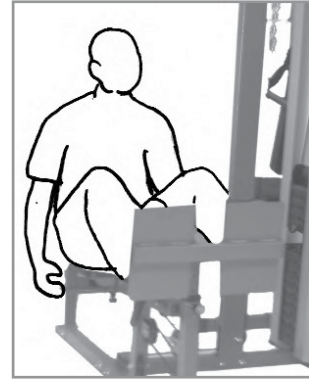
Leg extension



Lat pull



Lat pull



Leg press



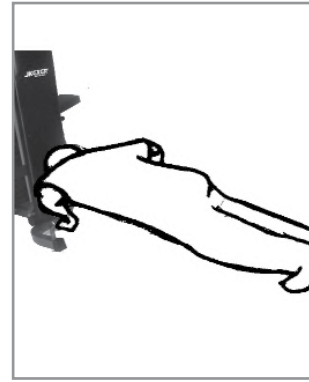
Arm Curl



Lat Pull



Lat Pull



Push Up



Low Pull



Lat Pull



Sit up



Rear deltoid



Chest press



Vertical knee raise



Butterfly



Abdominal Crunch